

WHAT IS CLAIMED IS:

1. A switching apparatus, comprising:
 - a rotatable member rotatably fixed on a pivot;
 - a slidable bearing member having a surface engaging said rotatable member and an opposite surface slidably engaging an abutment;
 - wherein, one of said rotatable member and said slidable bearing member includes a protuberance, and the other of said rotatable member and said slidable bearing member includes a corresponding indentation to form a join with said protuberance.
2. The switching apparatus of claim 1, further comprising a compression member arranged to bias said rotatable member against said slidable bearing member, and said slidable bearing member against said abutment.
3. The switching apparatus of claim 2, wherein a support wall retains said abutment in position.
4. The switching apparatus of claim 3, wherein said compression member receives said pivot and is biased relative to said support wall so as to bias said rotatable member against said slidable bearing member, and said slidable bearing member against said abutment.
5. The switching apparatus of claim 4, wherein said compression member is biased away from said support wall by a spring.
6. The switching apparatus of claim 4, wherein said compression member is moveable by rotation of said rotatable member and said compression member is arranged to switch a mechanism upon such movement.
7. The switching apparatus of claim 1, wherein said rotatable member comprises a cam and said slidable bearing member comprises a slidable bearing plate.

8. The switching apparatus of claim 7, further comprising a compression member arranged to bias said cam against said slidable bearing plate, and said slidable bearing plate against said abutment.
9. The switching apparatus of claim 8, wherein a support wall retains said abutment in position.
10. The switching apparatus of claim 9, wherein said compression member receives said pivot and is biased relative to said support wall so as to bias said cam against said bearing plate, and said bearing plate against said abutment.
11. The switching apparatus of claim 10, wherein said compression member is biased away from said support wall by a spring.
12. The switching apparatus of claim 10, wherein said compression member is moveable by rotation of said rotatable member and said compression member is arranged to switch a mechanism upon such movement.
13. The switching apparatus of claim 1, wherein said rotatable member has at least two rotational positions defined by said engagement between said rotatable member and said slidable bearing member.
14. The switching apparatus of claim 13, wherein said rotatable member comprises a cam and said slidable bearing member comprises a slidable bearing plate.
15. The switching apparatus of claim 14, wherein said cam includes first and second cam faces and said first rotational position is defined by engagement of one of said first and second cam faces with said slidable bearing plate, and said second rotational positions is defined by engagement of the other of said first and second cam faces with said slidable bearing plate.
16. The switching apparatus of claim 15, further comprising a compression member arranged to bias said cam against said slidable bearing plate, and said slidable bearing plate

against said abutment.

17. The switching apparatus of claim 16, wherein a support wall retains said abutment in position.

18. The switching apparatus of claim 17, wherein said compression member receives said pivot and is biased relative to said support wall so as to bias said cam against said bearing plate, and said bearing plate against said abutment.

19. The switching apparatus of claim 18, wherein said compression member is moveable by rotation of said cam and said compression member is arranged to switch a mechanism upon such movement.

20. The switching apparatus of claim 14, wherein said slidable bearing plate includes first and second edge stops which are configured to define sliding limits for said slidable bearing plate.

21. The switching apparatus of claim 20, further including first and second cam stops, one of said first and second cam stops being arranged to define a first rotational limit for said cam by engaging one of said first and second edge stops of said bearing plate, and the other of said first and second cam stops being arranged to define a second rotational limit for said cam by engaging the other of said first and second edge stops of said bearing plate.

22. The switching apparatus of claim 20, wherein at least one of said first and second edge stops of said bearing plate includes a flanged extension extending towards said cam and said cam includes a corresponding recess to receive said flanged extension, said flanged extension dimensioned to substantially guard any gap formed between said bearing plate and said cam.

23. A chair adjustment mechanism comprising:
a cam rotatable between a first position and a second position;
a bearing member perpetually bearing against said cam;
a join between said cam and said bearing member such that rotation of said cam

between said first position and said second position translates said bearing member.

24. A chair adjustment mechanism of claim 23 wherein said join comprises an indentation in one of said cam and said bearing member and a protuberance on the other of said cam and said bearing member, said indentation receiving said protuberance.

25. A chair adjustment mechanism of claim 24 wherein said cam has a nose, said one of said indentation and said protuberance being located at said nose.

26. The chair adjustment mechanism of claim 25 further comprising an abutment perpetually bearing against a side of said bearing member opposite said cam.

27. The chair adjustment mechanism of claim 26 wherein said bearing member is a bearing plate.

28. The chair adjustment mechanism of claim 27 wherein when said cam is in said first position, a first cam face abuts said bearing plate and when said cam is in said second position, a second cam face abuts said bearing plate, said nose being between said first cam face and second cam face.